

Southern-Style (but Low-Fat) Collard Greens (“Greens Glorious Greens” Johnna Albi & Catherine Walthers)

Traditionally in the southern US, greens are cooked for at least 45 minutes and up to 3 hours with a ham hock and possibly salt pork to render extremely tender, juicy greens. Unfortunately, this makes for a rather fatty dish and greens that are really too soft for our taste. We have come up with a healthier version that gives a delicious smoky taste but contains little fat. The greens are cooked in lightly salted chicken broth with some liquid smoke to give that authentic taste. We tried using salted water rather than chicken stock, but feel that the chicken stock lends a depth of flavor not achieved with water alone. Serve with the traditional corn bread to soak up the “pot likker.”

Serves 2-3

$\frac{3}{4}$ lb collard greens (about 6 cups, chopped)

4 cups lightly salted chicken stock

1 tsp liquid smoke

apple cider or herbal vinegar

Melinda’s extra hot sauce

**Liquid smoke is the flavor of hickory, mesquite, or other aromatic wood captured in water. It takes only a spray or as little as a teaspoon of the smoke-flavored water to impart a light smoky flavor to foods. You can find liquid smoke in gourmet shops, and some supermarkets.*

Wash collards, remove stalks, and stack 4-5 leaves. Roll like a cigar and slice into strips approximately $\frac{1}{2}$ inch wide.

Bring the chicken stock to a boil in a 3-4 quart saucepan that has a tight-fitting lid. Add the liquid smoke.

Add the collard greens to the stock, pushing the greens down to submerge. Return to the boil, reduce heat to a slower bubble, cover, and cook for 10 minutes.

With a slotted spoon, lift the greens from the stock and place in a bowl. Divide the greens between two plates and let each person season to taste with the vinegar and hot sauce. Serve the “pot likker” on the side with warm corn bread.